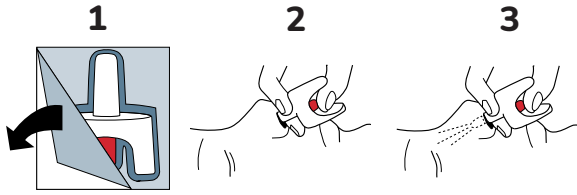


Sida loo isticmaalo Naloxone

Buufis sanko ah — isku xiriris uma baahna. Ha tijaabin aaladda. Aalad kastaba waxaa ay keliya shaqeysaa halmar. Waxaad u baahan kartaa labada aaladood.

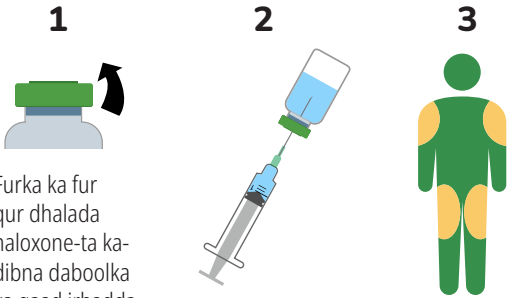


1. Dib u fiiq xirmada si aad u soosaarto aaladda.

2. Saar oo ku qabo caaradda afka hore labada san midkood.

3. Si adag u riix haruubka cinjirka ah si aad ugu siideyso kuursada sanko.

Tan la isku-duro — Tani waxay u baahan tahay isku xiririd.



1. Furka ka fur qur dhalada naloxone-ta ka-dibna daboolka ka qaad irbadda.

2. Irbadda geli gufka cinjirka ah iyadoo dhalada afkeeda hoos loo jeedinayo. Dib-u-jiid haruubka cinjirka ah ka-dibna ka qaad 1 ml.

3. Ku dur 1 ml oo naloxone ah qaybta kore ee gacanta ama muruqa bowdada.

Neefsashada Samatabbixinta ah

1. Qofka dhabarkiisa ku seexi isaga oo fidsan.
2. Si tartiib ah u leexi madaxiisa. Naskiisa qanjaruufo.
3. Afka ka sii 2 neefsasho oo degdeg ah. Xabadka (ma aha caloosha) waa in uu kor u kacaa.
4. 5 ilbiriqsi kasta 1 neefsasho oo tartiib ah sii ilaa uu ka bilaabo in uu neefsado ama uu ka soo kaco.



Ka-jawaabidda In Badan Ka Qaadashada Opioid:

Inta lagu guda jiro in badan ka qaadashada opioid, neefsashada ayaa ku joogsan karta daqiiqado yar gudahooda. In si **DEGDEG AH** loo oggaado tallaabooyinka la qaadayo iyo in la kordhiyo ogsijiinta ayaa gacan kaa siin karta nolo badbaadin.

1. Falcelin ka eeg

Rux oo magacooda ugu yeer, cumaacumahaaga si adag u mari lafta xabadkooda — sida ugu adag ee suuragalka ah ugu samee rugidda ama xoqidda laf shafeedka muddo 10 ilbiriqsi ah.

2. Wac 9-11

Shaqaalaha ka shaqeeya u sheeg in aannu qof neefsaneyn iyo meesha saxda ah ee aad joogtid. Looma baahna in aad ku sheegto wax ku saabsan daawooyinka goobta dhacda. Sharciga Qofka Dadka Caawiya ee Gobolka WA ayaa ku difaacaya marka aad 9-1-1 ugu wacdo qof in badan ka qaatey daawo ama daroogo (RCW 69.50.315).

3. Sii naloxone

4. Bilow neefsashada samatabbixinta

5. Ku celceli talaabooyinka 3 iyo 4 haddii aan jawaabi jirin

6. Waxaad u baahan kartaa in aad bixiso kuuro labaad haddii aysan ka soo jawaabin 3 daqiiqo ka-dib

7. La joog ilaa iyo inta caawimaad laga helayo

La sug haddii ay suurogal tahay ilaa caawimo laga helayo. Haddii aadan sugi karin, u rog boos bogsasho adiga geynaya meel ammaan ah oo laga heli karo.

Haddii uu qofku bilaabo in uu neefsado, balse aysan soo toosin, u rog dhinac dhinaca oo ah boosta bogsashada.

Qofka qaatey naloxone waxaa laga yaabaa in uu dareemayo kurbo, xanuun, ama in uu la kulmayo astaamaha ka bixid. Ka ilaali in ay isticmaalaan daroogo. Xusuusnow, naloxone in ay ku dhammaato muddo 30-90 daqiiqo ah, markaas oo haddana mar kale ay in badan ka qaadan karaan.

Ka-hortagga In Badan Ka-qaadashada Opioid iyo Tilmaamaha Isticmaalka Naloxone



Qof kastoo adeegsada opioids ayaa in badan ka qaadan kara oo waa in uu sitaa naloxone

Opioids iyo In Badan Ka Qaadashada Opioid

Opioids waxaa ka mid ah qaar ka mid ah daawooyinka la isku qoro, heroin, iyo fentanyl. Opioids ayaa keeni kara in ay hoos u dhacdo neefsashada qofka ama in ay istaagto. Haddii qofku uu qaato opioids ka badan inta uu jirkiisu xamili karo, waxaa ku dhici kara miyir-beel, waxay joojin karaan neefsashada, wayna dhiman karaan. Tani waxaa loo yaqaanaa in badan ka qaadashada opioid. In badan ka qaadashada ayaa dhici karta halmar ama marar badan.



Halisaha In Badan Ka-qaadashada Opioid

- **Dib-u-bilaabidda isticmaalka opioid hakin ka-dib ama wax-ka-beddelka nooca/kuurada.** Tani waxaa ku jira ka-dib ka soo bixidda xabsi ama jeel, noocyada qaar ee daaweynta daawooyinka, iyo cusbitaal dhigista. *Dulqaadku si degdeg ah ayuu ku yaraan karaa, xataa maalmo gudahooda.*
- **Isku-qasidda opioids iyo maadooyinka kale ee maskaxda dejiya** sida *khamriga, daawooyinka qofka ka caawiya in uu hurdo, ama benzodiazepines* ("benzos" sida Valium iyo Xanax). Waqtigiiba hal daawo isticmaal ama waxyar ka isticmaal daawo kasta. Meel hoose ka bilow oo tartiib u soco.
- **Qaadashada daawooyinka xannuunka ee la isu-qoro oo kuurooyin sare ah iyo/ama la qaato marar ka badan sida caadiga ah la isugu soo qoro**
- **Qaadashada daawooyinka xannuunka ee qof kale**
- **Isticmaalka maandooriyaha heroin ama maandooriye kasta ee aanan laga helin farmashiyaha ama rugta xashiiska,** iyadoo sabab u ah daahirnimo ama asal aan la garaneyn
- **Cudurka wadnaha, kelida, ama sanbabka,** kaas oo saameyn kara awoodda uu jirku u leeyahay in uu dib ula dagaalamo in badan qaadashada
- **Horey in badan looga isticmaaley**
- **Isticmaalka keligeeda:** naftaada ma siin kartid naloxone marka aad in badan ka qaato. Isku-day in aad la isticmaasho saaxiib ama dad kale.



Astaamaha Lagu Garto In Badan Ka Qaadashada Opioid

- Neefsasho tartiib ah ama neefsasho la'aan, waxay u ekaan karaan in ay hurdayaan
- Sameeya cod burqad ah, neeftuurid, ama khuurin
- Bushimo ama cidioy buluug ah, cawlan, ama midab barax ah leh
- Midabka bushimaha qofka madow oo ah midab cad, danbas ah
- Maqaar qabow, dhag-dhag ama qooyaan leh
- Aan ka jawaabin waxyaabaha kiciya dareenka ee dibedda ah

Haddii qofku uu muujiyo astaamaha iyo calaamaaha in badan ka qaadashada opioid, sii naloxone xitaa haddii aadan garaneyn maadada uu qofku qaatey.

Naloxone waa daawo ammaan ah oo **si ku meelgaar ah** u joojin karta saameynta opioids waxayna qofka ka caawin karaa in uu dib u bilaabo mar kale in uu neefsado.

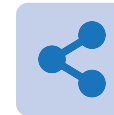
Naloxone ayaa keliya wax ka qabata opioids oo wax saamayn ah kuma yeellan doonto qof qaatay walax kale.

Gobolka Washington gudahiisa, qof kasta ayaa ka heli kara naloxone farmashiyeyaasha tafaariiqda, xitaa haddii aadan haysan warqad uu dhakhtar kuu soo qorey. Waxaad isticmaali kartaa Sharciga ama Xeerka Weli Taagan ee Jira ee Gobolka WA in aad ku bixiso naloxone beddelka warqadda laga helo bixiyaha daryeelka aasaasiga ah.



Daawo fiidiyow tababar oo ku saabsan dib uga noqoshada in badan ka qaadashada daawo ama daroogo

<https://vimeo.com/357020563> ama stopoverdose.org/section/take-the-online-training/



Kheyraadkan ama xogtan la wadaag saaxiib ama xubin qoyska ka tirsan

Sawir ku qaad telefoonkaaga gacanta, hayso xaashi yar oo ay ku qoran tahay naloxone, oo wax badan ka ogow [stopoverdose.org](https://stopoverdose.org/bit.ly/naloxoneinstructions) ama [bit.ly/naloxoneinstructions](https://stopoverdose.org/bit.ly/naloxoneinstructions).

Haddii aad qaadato wax uusan dhakhtar kuu soo qorin ama aad ka hesho farmashiyaha ama ka soo iibsado rugta lagu iibiyo xashiiska:

Ka soo qaad in waxa aad qaadanayso ay u badan tahay in fentanyl ay ku jiro, taas oo si weyn u kordhin karta khataraha in badan ka qaadashada opioid.

Kani ma aha mid beddelaya tababarka ka falnaqa in badan ka qaadashada daawada ama daroogada ee dhammeystiran ee uu bixiyo bixiyaha adeegga caafimaad ama macallinka caafimaadka. Waxyaabaha qaar ee ku jira daabacaddan waxaa laga soo qaatey Waaxda Caafimaadka WA iyo ADAI. Tilmaamaha naloxone-ta sanku lagu buufiyo waxaa laga soo qaatey Adapt Pharma/Emergent BioSolutions.